

# Lunch Salad and Soup

**The Islander Salad** - sauteed plump shrimp, artichoke hearts, feta, tomato, spinach with a lemon-citrus splash 9.00

**The Soho Salad** - slow-roasted chicken breast, tomato, olives, hard-boiled egg, smoked bacon, feta, on delicate field greens with Selah's own balsamic dressing 9.00

Our kitchen starts soups early in the day, second only to the baker      cup    3 ¾    bowl    4 ½

## Sandwiches All served with hand-cut sweet potato fries

**The South Street Club** - turkey, bacon, mozzarella, tomato. Hot or cold 8.75

**The Tuscan Flat** - artichoke hearts, bacon, feta, tomato, olives, spinach, flatbread 7.99

**The Americana Flat** - Roasted chicken, bacon, mozzarella, tomato, spinach, flatbread 8.99

**Turkey Melt** - hot roasted turkey, melted mozzarella, tomato, field greens, flatbread 7.50

**Chicken Melt** - roasted chicken, mozzarella, roasted red peppers, lettuce, flatbread 8.75

**Tuna Melt** - cheese, tomato, roasted red peppers, olives, field greens 8.75

**Feta and Tomato Burger** - our own hamburgers, cooked to order, Kaiser roll 9.50

**Bacon Mozzarella Burger** - our own hamburgers, cooked to order, Kaiser roll 9.50

**Portobello Mushroom Burger** - our own hamburgers, cooked to order, Kaiser roll 9.50

**Chicken Pesto Wrap** - roasted chicken, spinach, roasted red peppers, asiago 8.99

**Portobello Wrap** - sauteed mushrooms, roasted red peppers, mozzarella, spinach 8.25

**Crab Cake Sandwich** - chipotle sauce, lettuce, Kaiser roll 9.50

**Fried Haddock and Greens sandwich** Kaiser roll 9.50

## Hot Entrees

**Palumbo's Classic Pasta and Meatballs** - homemade red sauce, meatballs, linguine 9.50

**Chicken Francaise** - chicken breast, fried, fresh lemon, sweet potato fries 12.99

**Mediterranean Pasta** - mild olives, tomato, basil, feta cheese, linguine 10.50

**Pasta Alfredo with Asiago and Spinach** - penne with pan-made alfredo sauce 8.75

add chicken 2.75